



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

SIXTH ANNUAL SENIORS' RESOURCE FAIR AND FREE FLU VACCINES

**Wednesday, November 10
10:00AM-12:30PM**

It has been confirmed...
FREE influenza flu vaccines will be available
for seniors 50 years of age and older
at the Sixth Annual Seniors' Resource Fair.
The 2010-11 influenza vaccines are formulated
to protect against the following viruses:
A/California (H1N1), A/Perth (H3N2), and B/Brisbane.

There will be many exhibitors
who will provide a wide array of products and services
by the City, county and partnering agencies.

It is important that you know what types
of benefits and services are available to you!
Free health screenings and product samples
will be available with opportunity prizes
given away every hour!

**Due to this event, the Senior Clubhouse activities
and exercise classes will not be offered on this day.**

Oct/Nov/Dec 10

**Inside
THIS ISSUE**

2-3 Registration /
Mini Excursions

4 Seminars
Crafty Crafters

5 Clubhouse Fun

6-11 Calendars
October
November
December

12-13 Good Stuff
Coming
Your Way!
Movie Days

14 Daily Life in LF

15 LF Reading Circle

16 What's Been
Happening?

SENIOR SCENE

CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

MINI EXCURSION REGISTRATION

October

Lake Forest Residents:
Wed, Oct 6, 12 noon

Non-Residents:
Thurs, Oct 7

November

Lake Forest Residents:
Wed, Nov 3, 12 noon

Non-Residents:
Thurs, Nov 4

December

Lake Forest Residents:
Wed, Dec 1, 12 noon

Non-Residents:
Thurs, Dec 2

OCTOBER MINI EXCURSIONS



**Pilgrim Tallship Tour -
Dana Point**
Monday, October 18
10:00 AM-2:00 PM
Fee: \$15.00 per person
(lunch is on your own)

The *Pilgrim* is a full size replica of the hide brig immortalized by Richard Henry Dana, Jr. in his American classic seafaring novel *Two Years Before the Mast*. A docent-led "above deck" tour of a 130-foot "snow brig" hosting fourteen sails, including eight square sails, giving her that distinctively majestic appearance. Bring your lunch or grab a bite at Dana Point Harbor. Note: Rubber soled shoes highly recommended.

Historic Yorba Cemetery - Yorba Linda
Wednesday, October 20
10:15 AM-12:30 PM
Fee: Free

If you like old cemeteries, then maybe you want to partake in a docent-led tour of the historic Yorba Cemetery which dates back to 1834 and closed in 1939.



It was founded by Bernardo Don Yorba, the rancher who held the Spanish land grant for the entire area, and who is buried there. Note: Unlevel ground and considerable walking.

NOVEMBER MINI EXCURSIONS



**Lyon Air Museum –
Costa Mesa
Tuesday,
November 9
10:00 AM-12:30 PM
Fee: \$6.00
(pay at the door)**

Back by popular demand: the Lyon Air Museum. Created by local homebuilder, William Lyon, the 30,000 square-foot hangar enclosed gallery has roughly \$10 million of vintage bombers, classic automobiles, a throwback movie theater, and a Helms Bakery truck. On exhibit, known as the *Flying Fortress*, is a B-17 that carried the future president, then General Dwight D. Eisenhower.

**Crevier Classic Cars –
Costa Mesa
Wednesday, November 17
10:00 AM-12:30 PM
Fee: Free**

If you are an avid automotive enthusiast, this is the mini-excursion for you! A docent will guide you through the facility that houses over 100 privately-owned classic and exotic cars: a 1929 Cadillac, a 1935 Packard roadster, and many more!

DECEMBER MINI EXCURSIONS

**Day at the Irvine
Spectrum Center - Irvine
Wednesday, December 8
10:30 AM-2:00 PM
Fee: Free**

The Irvine Spectrum Center will be “decked out” for the holidays! More than 130 retail stores and restaurants are there for your pleasure. Take a ride on the Giant Ferris Wheel or take a few laps around the Ice Rink (we want to be sure and catch that on camera).

**Little Saigon –
Westminster
Wednesday,
December 15
10:00 AM-2:00 PM
Fee: Free
(Lunch at Pho 79; approx. \$10 – cash only)**



Tour Little Saigon in Westminster. Guide Kathy Buchoz will lead you through the famous Asian Garden Mall. Visit a tea and herb shop, a Vietnamese grocery store, and the largest jewelry center in Orange County. Kathy will share a wealth of knowledge of fascinating facts during your tour. Enjoy lunch at Pho 79 (soup, spring rolls, beverage, and tip).

SEMINARS

Oct/Nov/Dec 2010

4

Senior Scene

October

Dealing with Grief through Humor

Thurs, Oct 21 • 11:15 AM

Everyone grieves differently. Grieving is not to be taken lightly, however Jack Gutman approaches grief recovery a little differently — through “some” humor. Jack is a motivational speaker who has spoken at numerous venues on dealing with grief.

November

No seminar is scheduled for the month of November due to the Veterans’ Day celebration on Thursday, November 4, and the Thanksgiving celebration on Thursday, November 18.

The Senior Clubhouse will be closed on Thursday, November 11 and November 25.

December

Home for the Holidays

Thurs, Dec 2 • 11:15 AM

Don’t be a victim during the holiday season...be alert and be informed. Deputy Richard Nelson will share with you how to keep your home safe and most important... yourself.

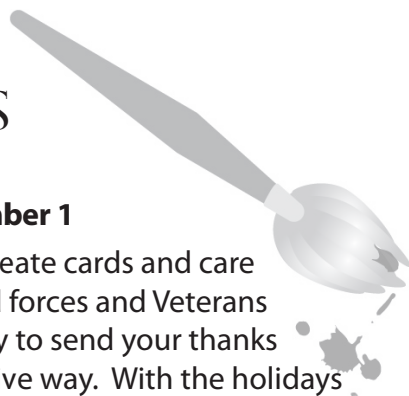
CRAFTY CRAFTERS

Due to the popularity of this program, please reserve your space for the craft classes by calling 461-3408. Crafts may change due to availability of supplies.

WE CARE CARDS

**Monday, 10:30 AM
October 11 and November 1**

We need your help to create cards and care messages for our armed forces and Veterans Hospital. It’s a great way to send your thanks and greetings in a creative way. With the holidays around the corner, we need to make 100s of cards to give to our Vets.



TERRA COTTA JACK O’LANTERN

Tuesday, October 19 • 10:30 AM

Creativity at its best...make a Jack O’Lantern from a terra cotta pot.

MINIATURE AUTUMN CENTERPIECE

Tuesday, November 16 • 10:30 AM

You will create an autumn centerpiece from miniature hay bales. Hence the word “miniature.”

PAINT STICK SANTA

Tuesday, December 21 • 10:30 AM

And you thought paint sticks were used to stir paint. Not so! Very unique, very cute. Let’s see what you can do! We’ll serve some hot apple cider!

You must register downstairs for all craft classes or by calling 461-3408.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

"WII" BOWLING LEAGUE **Every Monday • 12:30 PM** **Community Room B**

Join the Wii Bowling League every Monday. Come on, try it. If you are not familiar with Wii Bowling...it's all done in front of a TV!

KNOTTY KNITTERS **Every Wednesday** **10:00 AM-12:00 PM** **Community Room A**

An informal group aka Knotty Knitters gets together on Wednesdays with their projects...they knit a little and laugh a lot!

BAGELS & BINGO **10:30 AM** Tue, October 5 Tue, November 2 Tue, December 7

CHAT WITH PAT **11:30 AM-12:30 PM** Wed, October 6 Wed, November 3 Wed, December 1

Are you new to the area? Looking for a doctor who specializes in senior issues? If so, Pat Huckabay (Monarch HealthCare) will discuss the options available to you.

NAME THAT TUNE **10:30 AM** Mon, October 11 Mon, November 8 Mon, December 13

BOCCE BALL GAMES **10:30 AM** Tue, October 12 Tue, November 23 Wed, December 22

BINGO MANIA **11:00 AM** Mon, October 18 Mon, November 15 Mon, December 20

SCRABBLE GAMES **10:30 AM** Wed, October 20 Wed, November 17 Wed, December 15

RUMMIKUB TOURNAMENT **10:30 AM** Tue, October 26 Tue, November 30 Tue, December 28

Rummikub is similar to Gin Rummy, but is played with tiles! We'll teach you how to play.

BIRTHDAY CELEBRATIONS **11:30 AM** Thu, October 28 Thu, November 18 Thu, December 30

MAHJONG MONDAYS **AND WEDNESDAYS** **10:30 AM-2:00 PM** Every Monday and Wednesday

COUPON SWAP

Drop off your coupons and pick some up when the clubhouse is open.

DROP-IN COMPUTER LAB **10:00 AM-2:00 PM** Mon • Tue (beginning 10/19) Wed • Thu (except 10/7 and 10/14)

Don't Miss Out!

EMERITUS CLASS **WINTER ENROLLMENT** **THURSDAY,** **DECEMBER 2** **(ACTIVITIES ROOM)** **11:30 AM-1:00 PM**

A representative from Irvine Valley College will be on site so you can register at the Senior Scene Clubhouse.

Two easy steps!

Drop-in...fill out the registration form with your payment. You're done! How simple and convenient is that?

CH
City Hall
25550 Commercentre Dr.
949.461.3400

CC
Community Center
25550 Commercentre Dr.
949.461.3450

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

ETL
El Toro Library
24672 Raymond Way
949.855.8173

LFBTC
Lake Forest Beach &
Tennis Club
22921 Ridge Route Dr.
949.837.6100

LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
949.859.1455

FL
Forest Lanes
22771 Centre Drive
949.770.0055

SDCCC
Santiago de
Compostela
Community Center
21682 Lake Forest Dr.
949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

OCTOBER

<p>3</p>	<p>4</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>9:00 AM Intro to Digital Photo Imaging (CC-TR) 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 10:30 AM Intro to Word (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Basics of Excel (CC-TR) 12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>10</p>	<p>11</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – We Care Cards (CC-AR) 10:30 AM Name That Tune (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>9:00 AM Intro to Digital Photo Imaging (CC-TR) 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:30 AM Bocce Ball 10:30 AM Intro to Word (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Basics of Excel (CC-TR) 12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>10:00 AM Mini Excursion – Pilgrim Tallship 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Terra Cotta Jack O'Lantern (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>24</p> <p>HAPPY HALLOWEEN</p>	<p>25</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED

THU

FRI / SAT



FRI 1

1:00 PM Bowling League (FL)

City Hall Closed

SAT 2

9:00 AM Tai Chi Ch'uan (CC-B) **6**
10:00 AM Knotty Knitters (CC-A)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:30 AM Chat with Pat
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

9:00 AM Creative Needlepoint/Needle Art (SDCCC) **7**
 10:00 AM It's Never Too Late (S&S Club)
 10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Oktoberfest Lunch

FRI 8

1:00 PM Bowling League (FL)

SAT 9

9:00 AM Tai Chi Ch'uan (CC-B) **13**
10:00 AM Knotty Knitters (CC-A)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:00 AM Movie Day – Clash of the Titans (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

9:00 AM Creative Needlepoint/Needle Art (SDCCC) **14**
10:00 AM Book Discussion – The Second Opinion (CC-El Toro Room)
 10:00 AM It's Never Too Late (S&S Club)
 10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Chicken Soup

FRI 15

1:00 PM Bowling League (FL)

City Hall Closed

SAT 16

9:00 AM Tai Chi Ch'uan (CC-B) **20**
10:00 AM Knotty Knitters (CC-A)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:15 AM Mini Excursion – Historic Yorba Cemetery
10:30 AM Mahjong (CC-A)
10:30 AM Scrabble (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

9:00 AM Creative Needlepoint/Needle Art (SDCCC) **21**
 10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)
11:15 AM Seminar – Dealing with Grief through Humor (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Chinese Feast

FRI 22

1:00 PM Bowling League (FL)

4:00 PM Shiver Me Timbers Dinner Dance
 (reservations required)

SAT 23

9:00 AM Tai Chi Ch'uan (CC-B) **27**
10:00 AM Knotty Knitters (CC-A)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:00 AM Movie Day – Last Chance Harvey (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

9:00 AM Creative Needlepoint/Needle Art (SDCCC) **28**
 10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)
11:30 AM Birthday Celebration (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Halloween Luncheon (please wear a costume)

FRI 29

1:00 PM Bowling League (FL)

City Hall Closed

SAT 30

Oct/Nov/Dec 2010

7

Senior Scene

LEGEND

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949.461.3400

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SUN	MON	TUE
	<p>1</p> <p>10:00 AM Crafts – We Care Cards (CC-AR) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>2</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>7</p>	<p>8</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Name That Tune (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>9</p> <p>10:00 AM Mini Excursion – Lyon Air Museum 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
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<p>21</p>	<p>22</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ELT)</p> <p>Cold Box Lunch</p>	<p>23</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>28</p>	<p>29</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>30</p> <p>8:00 AM Excursion – Ronald Reagan Library 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
<p>3</p> <p>9:00 AM Tai Chi Ch'uan (CC-B)</p> <p>10:00 AM Knotty Knitters (CC-A)</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>11:30 AM Chat with Pat</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>4</p> <p>9:00 AM Creative Needlepoint/Needle Art (SDCCC)</p> <p>10:00 AM It's Never Too Late (S&S Club)</p> <p>10:30 AM Veterans' Day Celebration</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 PM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Beef Stew</p>	<p>FRI 5</p> <p>8:30 AM AARP Driver Safety Course (CC-A)</p> <p>1:00 PM Bowling League (FL)</p> <p>SAT 6</p> <p>8:30 AM AARP Driver Safety Course (CC-A)</p>
<p>10</p> <p>10:00 AM-12:30 PM SIXTH ANNUAL SENIORS' RESOURCE FAIR AND VACCINES</p> <p>Senior Clubhouse closed.</p> <p>Emeritus classes cancelled.</p>	<p>11</p> <p>VETERANS' DAY</p> <p>Senior Clubhouse closed.</p> 	<p>FRI 12</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <p>SAT 13</p>
<p>17</p> <p>9:00 AM Tai Chi Ch'uan (CC-B)</p> <p>10:00 AM Mini Excursion – Crevier Classic Cars</p> <p>10:00 AM Knotty Knitters (CC-A)</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>10:30 AM Scrabble (CC-A)</p> <p>11:00 AM Movie Day – Crazy Heart (CC-L)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>18</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC)</p> <p>10:00 AM Book Discussion – Wesley the Owl (CC-El Toro Room)</p> <p>10:00 AM It's Never Too Late (S&S Club)</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 PM Bingo (CC-A&B)</p> <p>11:30 AM Birthday Celebration (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) (reservations required)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Tom Turkey and Trimmings</p>	<p>FRI 19</p> <p>1:00 PM Bowling League (FL)</p> <p>SAT 20</p>
<p>24</p> <p>9:00 AM Tai Chi Ch'uan (CC-B)</p> <p>10:00 AM Knotty Knitters (CC-A)</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>11:00 AM Movie Day – Date Night (CC-L)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>25</p> <p>THANKSGIVING DAY</p> <p>Senior Clubhouse closed.</p> 	<p>FRI 26</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <p>SAT 27</p>

NOVEMBER

LEGEND

SUN

MON

TUE

DECEMBER

CH

City Hall

25550 Commercentre Dr.
949.461.3400

CC

Community Center

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CC-A

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IVC

Irvine Valley College

23308 Cherry Ave.
949.451.5555

<p>5</p>	<p>6</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>7</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>12</p>	<p>13</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Name That Tune (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>14</p> <p>9:00 AM Excursion – Viejas Casino 10:00 AM Drop-In Computer Lab (CC-TR) 10:00 AM HiCap Appointments 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>19</p>	<p>20</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B)</p> <p>Cold Box Lunch</p>	<p>21</p> <p>FIRST DAY OF WINTER</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Paint Stick Santa (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>26</p>	<p>27</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B)</p> <p>Cold Box Lunch</p>	<p>28</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
1 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Chat with Pat 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch	2 9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Home for the Holidays (CC-A&B) 11:30 AM Emeritus Class Enrollment (AR) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast	3 1:00 PM Bowling League (FL) SAT 4
8 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mini Excursion – Day at The Irvine Spectrum Center 11:00 AM Movie Day – Letters to Juliet (CC-L) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	9 9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM ETHS Soundsations and Choralistics (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Madness	10 1:00 PM Bowling League (FL) City Hall Closed SAT 11
15 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:00 AM Mini Excursion – Little Saigon 10:30 AM Scrabble (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	16 9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM Book Discussion – The Careful Use of Compliments (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:00 AM White Elephant Gift Exchange (reservations required) (CC-A&B) 12:00 PM Lunch (CC-A&B) Ham and Yams	17 1:00 PM Bowling League (FL) SAT 18
22 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	23 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) Tuscan Tomato Soup	24 1:00 PM Bowling League (FL) City Hall Closed SAT 25 MERRY CHRISTMAS
29 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – Marmaduke (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	30 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) Chili	31 1:00 PM Bowling League (FL) City Hall Closed SAT JAN 1 HAPPY NEW YEAR

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

"SHIVER ME TIMBERS" DINNER DANCE

Friday, October 22 • 4:00-7:00 PM
\$7.00 per person

Yo ho, yo ho, the pirate's life for me.
Come dressed up as a pirate...or parrot!
But come dressed up...you'll get five
additional opportunity tickets if you do.
You can register online, mail-in, or walk in
your payment.

VETERANS' DAY CELEBRATION

Thursday, November 4 • 10:30 AM

The Senior Clubhouse will begin the Veterans' Day celebration with a color guard presentation to honor our men and women who have given over and above to protect our country. **The Senior Clubhouse will be closed on Thursday, November 11, in observance of Veterans' Day.**

RESERVATIONS REQUIRED FOR LUNCHEONS

Due to the popularity of the **Thanksgiving Luncheon** (Thursday, November 18) and the **White Elephant Exchange Luncheon** (Thursday, December 16) **reservations are mandatory.** You can reserve two seats per person. Call 461-3450 or come upstairs to reserve your seats. **Lake Forest residents call 10:00 AM Mon, Nov 8. Non-Residents call 10:00 AM Mon, Nov 15.**

AARP DRIVER SAFETY COURSE

Friday/Saturday, November 5 & 6
8:30 AM-12:30 PM

\$12.00 AARP Members • \$14.00 Non-Members

Save on auto insurance and help maintain your mobility and independence.

October



Clash of the Titans

(PG-13) • Oct 13

The ultimate struggle for power pits men against kings and kings against gods.

But the war between the gods themselves could destroy the world.

Born of a god but raised as a man, Perseus is helpless to save his family from Hades, vengeful god of the underworld. With nothing left to lose, Perseus volunteers to lead a dangerous mission to defeat Hades before he can seize power from Zeus (Liam Neeson) and unleash hell on earth.



Last Chance Harvey

(PG-13) • Oct 27

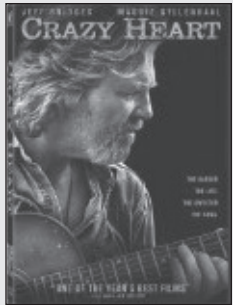
Harvey (Dustin Hoffman) is about to lose his unfulfilling dead-end job writing jingles when he boards a plane to attend his daughter's wedding in London. Upon arriving in London, Harvey is devastated to learn that his daughter has opted to have her stepfather walk her down the aisle.

Upon returning home he meets Kate (Emma Thompson) who has just gone through a humiliating string of blind dates. Something about Harvey's situation and demeanor strikes a sympathetic chord in Kate.

MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

November



Crazy Heart

(R) • Nov 17

A worn-down country singer and a burgeoning journalist form an unusual bond. His spirit broken by multiple failed marriages, too much time on the road, and too many nights with the bottle, Bad Blake (Jeff Bridges) had started to feel like he was headed down the path of no return.

When probing young writer Jean (Maggie Gyllenhaal) digs deep enough to unearth the broken man behind the legend, however, Bad realizes that redemption may not be such a long shot after all.



Date Night

(PG-13) • Nov 24

This action comedy tells the tale of mild-mannered married couple Phil (Steve Carell) and Claire (Tina Fey), who fear their relationship may be falling into a stale rut.

During their weekly date night, they impetuously steal a dinner reservation, which leads to a case of mistaken identity. Turns out the reservation was for a pair of thieves, and now a number of unsavory characters want Phil and Claire killed.

If they can survive a wacky life-threatening night, they may just rediscover the passion missing from their marriage.

December



Letters to Juliet

(PG) • Dec 8

The setting is Verona, Italy – the city where Romeo and Juliet first met. In Verona, there's a wall where the lovelorn leave notes, hoping that Juliet will answer their inquiries about love.

Sophie (Amanda Seyfried) is part of a team of volunteers who responds to the letters.

When Sophie answers a letter from 1957, the woman who wrote it (Vanessa Redgrave) decides to seek out the one that got away, and romance starts to blossom all around.



Marmaduke

(PG) • Dec 29

When an advertising exec gets an offer to head the account for a California-based dog food company, he uproots his wife, three kids, and their beloved Great Dane, Marmaduke, from Kansas to the Golden State.

Once there, the big canine befriends a group of mutts at the local dog park, but after a surfing competition brings Marmaduke celebrity, he turns his back on his new pals.

Eventually, a disaster helps the oversized hound and his master learn about the importance of family and friendship.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program offers a sandwich or salad, fruit or veggie, milk, and dessert.

A \$4.00 suggested donation per meal is requested.

Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

TRANSPORTATION

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

For additional transportation, contact OCTA ACCESS.

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **www.octa.net/access_service**

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

CELL PHONES FOR LIFE

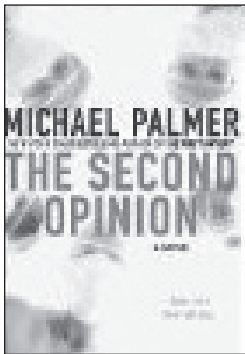
FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

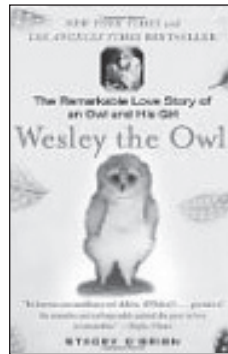
October



October 14
The Second Opinion
by Michael Palmer

Dr. Thea Sperelakis, a brilliant physician with Asperger's syndrome, has difficulty in dealing with the pressure-cooker medicine and money-driven politics of a major academic hospital. It led her to go to work for the poor, besieged patients of Doctors Without Borders. It was a decision that deeply disappointed her powerful father, Petros, one of the world's premier internal medicine specialists. When Petros is injured by a hit-and-run, Thea must return home to battle two of her siblings, both physicians, who demand that treatment for their father be withheld. As Thea uncovers the facts surrounding the incident, it seems more and more to be no accident.

November

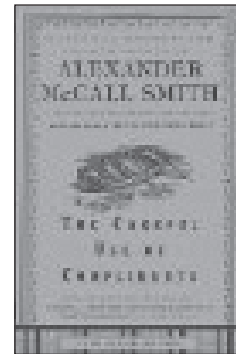


November 18
Wesley the Owl
By Stacey O'Brien

On Valentine's Day 1985, biologist Stacey O'Brien first met a four-day-old baby barn owl – a fateful encounter that would turn into an astonishing 19-year saga. With nerve damage in one wing, the owlet had no hope of surviving on his own in the wild. O'Brien, a young assistant in the owl lab at Caltech promised to care for the helpless owlet and give him a permanent home. *Wesley the Owl* is the funny, poignant story of their dramatic life together.

After O'Brien develops her own life-threatening illness, the biologist who saved the life of a helpless baby bird is herself rescued from death by the insistent love and courage of this wild animal.

December



December 16
The Careful Use of Compliments
By Alexander McCall Smith (book provided)

For philosophically minded Isabel Dalhousie, editor of the *Review of Applied Ethics*, getting through life with a clear conscience requires careful thought. And with the arrival of baby Charlie, not to mention a passionate relationship with his father Jamie, fourteen years her junior, Isabel enters deeper and rougher waters. Late motherhood is not the only challenge facing Isabel. Even as she negotiates a truce with her furious niece Cat, and struggles for authority over her son with her formidable housekeeper Grace, Isabel finds herself drawn into the story of a painter's mysterious death off the island of Jura.



City of Lake Forest Senior Scene
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

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LAKE FOREST SENIOR PROGRAMS

WHAT'S BEEN HAPPENING?

Nethercutt Museum Excursion



**Happy Trails
Dinner Dance**



**Hop-A-Long Marty and
his gal, Robbie**



**Cruising
Newport Harbor
on the OC Sheriff
Harbor Patrol Boat**